

Start intervals and times for all events as per start lists.

SPRINT DISTANCE

All JWOC competitors will need to be in quarantine **before 5:15pm**. Traffic will not be deemed an appropriate excuse for missing the quarantine cut off. If you are late for the quarantine then you will be in-eligible for an official result.

Control minders will be on course to ensure that everything remains fair throughout the event.

Women Elite have been moved to course 1, due to time constraints and suitability of course 1.

RIVERHEAD SOCIAL FUNCTION

We have hired the Riverhead Bowling Club for an evening social function on Saturday evening. There are showers, cash bar and BBQ cooking facilities (for you to cook your own food). It is **not BYO** (for any drinks) due to license of the bowling club.

Doors will be open from 4:30pm. The Riverhead Bowling Club is situated at the junction of the Coatesville-Riverhead Hwy and Princes St, approximately 2.5km from the Middle Arena.

Prize giving for the Sprint and Middle and a route analysis of the elite winners will be carried out following dinner.

LONG DISTANCE

An additional minute has been added to the call-up start procedure. There will only be **one** toilet close to the start available.

Good luck for your final preparations, and we will see you at...

TONIC 2014
THE OFFICIAL NORTH ISLAND CHAMPIONSHIPS